


# SBRC Gym Schedule

## OCTOBER

10/13/2014



**\*10/24**  
Gym Closed  
1:00-6:00pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:00am	Open Gym 6:00-9:00	Open Gym	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-9:00						
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30							
7:00am		Open Gym 7:30-8:50		Open Gym 7:30-8:50							
7:30am											
8:00am		Drop-in Total Body Fit 8:50-9:50		Drop-in Total Body Fit 8:50-9:50		Open Gym	Drop-in Adult Basketball 8:00-11:00				
8:30am						Drop-in Womens Volleyball 8:30-11:00					
9:00am	Setup	Open Gym 10:00-11:30	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Setup	Open Gym 11:00-12:00					
9:30am	Gym Jam 9:30-11:30				Gym Jam 9:30-11:30						
10:00am											
10:30am											
11:00am											
11:30am	Cleanup	Drop-in Adult Basketball 11:30-1:30		Drop-in Adult Basketball 11:30-1:30	Cleanup		Open Gym 11:00-5:00				
12:00pm	Drop-in Sprts Conditioning 12:00-1:00		Drop-in Youth Basketball 2:30-5:00	Gonzo 3:15- 5:30 10/30 only	Drop-in Sprts Conditioning 12:00-1:00				Youth Volleyball 12:00-5:00		
12:30pm											
1:00pm											
1:30pm											
2:00pm											
2:30pm	Drop-in Youth Bball 2:30-5:00	Drop-in Pickleball 1:30-3:30			* Open Gym 1:00-2:30						
3:00pm											
3:30pm					* Drop-in Youth Basketball 2:30-5:00						
4:00pm											
4:30pm											
5:00pm	Kickboxing 5:00-6:00	Open Gym 3:30-6:00	Kickboxing 5:00-6:00	Open Gym 3:30-9:30		* Open Gym					
5:30pm											
6:00pm	Drop-in Badminton 5:45-8:00										
6:30pm											
7:00pm											
7:30pm				Women's Basketball 6:00-9:00	Men's B League Basketball 6:00-10:00	Open Gym 6:00-9:30					
8:00pm											
8:30pm											
9:00pm											
9:30pm											



**GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME**

For more information call 303-441-3448 or go to [Http://www.boulderparcs-rec.org](http://www.boulderparcs-rec.org)